



# Community Garden News

City of Loma Linda

February 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

## The Meaning of Roses

**Red—**  
Love, Passion, Respect,  
Courage

**Yellow—**  
Joy, Friendship,  
Freedom

**Pink—**  
Happiness, Gratitude,  
Appreciation,  
Admiration

**Creams—**  
Thoughtful, Charming,  
Gracious

**Orange—**  
Admiration,  
Fascination, Enthusi-  
asm, Desire

**White—**  
Innocence, Purity,  
Secrecy, Reverence

## 5 Ways to Get Your Heart Pumping on Valentines Day

The American Council on Exercise (ACE) lists the following five ways to get healthy with your sweetie this Valentines Day.

**1. Walk off into the sunset.**

Enjoy a romantic stroll with special someone just as the sun is setting. Experts recommend walking at a pace where you and your partner can converse without feeling out of breath.

**2. Bike-ride tandem-style**

Whether along the coast or through the park, tandem bike-riding is a fun and effective aerobic activity. It not only allows you to get a great cardiovascular workout, but enables you to spend uninterrupted time with your companion.

**3. Go Dancing**

From line to square, salsa to ballroom, dancing is sure to get your heart racing. Whatever the case, be creative and dress for the occasion.

**4. Bundle up and go ice-skating.**

This activity, ideal for couples, is an efficient exercise for all fitness levels. In fact, one hour on skates can burn almost as many calories as jogging.

**5. Take a hike.**

Be sure to select a location with pleasant scenery that also offers an appropriate physical challenge. Following the hike, treat your partner to a healthy and well-deserved meal. Load a picnic basket with food, beverage and a blanket. When selecting the food, think “well-balanced.”

## FEBRUARY GARDENING

In inland gardens (*Sunset* climate zones 18–21), you can still plant cabbage-family crops like beets, broccoli, carrots, celery, onions, peas, and turnips. But the easiest edibles for this between-season period are leafy crops ready to harvest in 20 to 45 days — arugula, beet greens, leaf lettuces, radish leaf, spinach, and upland cress.

Community Garden News  
is printed by the  
City of Loma Linda



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## The Beet

The beet is a root vegetable. The leaves can be used as a cooking green when small, crisp and dark green. Large, limp, yellowed leaves are too mature. Notable for their sweetness, beets have a high sugar content but are still very low in calories. Canned beets are fine, but fresh beets are even better. They have a deep flavor and crisp texture that's lost in the canning process. The beet wonderful color accent for meal.



### Selection:

Select firm, smooth-skinned, small to medium beet.

### Storage:

Cut off tops leaving 2 inches of stem attached to beets; discard tops. Store unwashed in plastic or paper bag in the refrigerator for up to 1 week.

### Availability:

Year-round with peak June through October.

### Cooking Instructions:

Preparation:	Before cooking, scrub well, but do not peel or remove stems or roots. Treat cooked beets like hard cooked eggs: cool under cold running water, then trim roots and stems and slip off skin.
Bake:	Wrap beets individually in heavy duty foil. Place on rack in a 375°F oven; bake until tender when pierced about 1 to 1 1/4 hours for medium sized beet.
Microwave:	One pound whole beets (5 beets 2 to 2 1/2 inches across) placed in a covered dish with 1/4 cup water will cook tender in 10 to 11 minutes. Let stand covered for at least 5 minutes.

## GET THE BEET

Serving Size 1 medium beet (100g)

### Amount Per Serving

Calories 50      Calories from Fat 5

### % Daily Value\*

**Total Fat** 0.5g      1%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 150mg      6%

**Total Carbohydrate** 11g      4%

Dietary Fiber 2g      9%

Sugars 6g

**Protein** 1g

Vitamin A 0%      •      Vitamin C 4%

Calcium 0%      •      Iron 0%

## Roasted Beets with Orange Vinaigrette

**PREP AND COOK TIME:** About 1 1/4 hours

**MAKES:** About 7 cups; 6 to 8 servings

**NOTES:** If you combine red beets with yellow or pink, the red will discolor the others; toss each separately with a portion of the vinaigrette, then combine just before serving.

### Ingredients:

2 1/2 pounds (including tops) golden, pink, or red beets (each 2 to 3 in. wide; see notes), rinsed and greens trimmed and discarded or reserved for another use  
6 tablespoons orange juice  
3 tablespoons champagne vinegar or white wine vinegar  
2 tablespoons minced shallots  
1 teaspoon salt  
Dash of Pepper

1. Place beets in a 9 by 13 inch baking pan. Add 1/2 inch water. Cover tightly with foil and bake in a 375° regular or convection oven until tender when pierced, 45 to 60 minutes. When cool enough to handle, peel and cut into 1/2-inch wedges.

2. Meanwhile, in a bowl, combine orange juice, vinegar, shallots, salt, and pepper to taste. Add the warm beets and stir to coat. Serve warm or at room temperature.

**Nutrition Facts Per serving:** 33 cal., 2.7% (0.9 cal.) from fat; 1 g protein; 0.1 g fat (0 g sat.); 7.5 g carbo (0.6 g fiber); 333 mg sodium; 0 mg chol.